

# Find Support While You Care for a Loved One with the OnTrak™ Program

If you're burned out from taking care of another, it's tough to do anything for yourself. Taking care of your own health can give you strength to take care of your loved one.



The OnTrak Program gives you the chance to tend to yourself through the support of personal counseling and care coaching. You'll have an outlet for talking about your challenges and find ways to practice acceptance.

The OnTrak program combines Care Coaching by a nurse with support from a licensed counselor. Together they may help you to feel stronger and more able to meet life's challenges.

The OnTrak program could help you:

- Find and ask for help when providing care
- Create more time for yourself to pursue what makes you happy
- Feel hopeful about your future
- Improve your sleep schedule
- Take the time to look out for yourself
- Manage your stress to feel more in control and less overwhelmed
- Nurture your own emotional and physical health
- Strengthen your personal relationships

**You aren't alone. Your Care Coach and counselor are here to help you regain balance and contentment.**

Please contact us so we may help you start feeling better now.



**1-866-517-1417**

**stayontrak.com**

**contact@stayontrak.com**

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.